

Free Youth Swim Classes

Ages 6–14

Adams Street Community Center
85 Adams Street • 428-7456

Session	Wednesday	Saturday	Registration	No class
Fall	10/19-12/14	10/22-12/17	9/26-10/21	11/23, 11/26
Winter	1/4-2/15	1/7-2/18	12/17-1/6	
Spring	2/29-4/25	3/3-4/28	2/18-3/2	4/11, 4/14

Swim Level Requirements:

Level 1: Introduction to Water Skills; No previous instruction, cannot swim

Level 2: Fundamental Skills; Comfortable and goes underwater, floats with help

Level 3: Stroke Development; Floats and swims on front and back, 15 ft.

Level 4: Stroke Improvement; Can do front & back crawl, 15 yds.

Level 5: Stroke Refinement; front & back crawl, elementary backstroke, breast & butterfly stroke, 25 yds.

Level 6: Personal Water Safety, fall and spring only

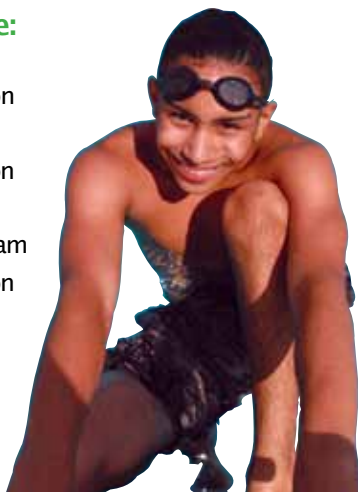
Level 6: Fitness Swimmer, winter only

Class Schedule:

Level	Wednesday	Saturday
Level 1	5:30-6 pm	11:30-12 noon
Level 2	5-5:30 pm, 6-6:30 pm	11-11:30 am
Level 3	5:30-6 pm	11:30-12 noon
Level 4	5-5:30 pm	11-11:30 am
Level 5	6:00-6:30 pm	11:00-11:30 am
Level 6	6:00-6:30 pm	11:30-12 noon

Please register on back and return to Adams Street Community Center.

Additional swimming opportunities in the community may be available for Winter 2011-2012. Check www.cityofrochester.gov/swimlessons for updates.



Questions? Call 311

Outside the City Call 428-5990

www.cityofrochester.gov

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Class Registration – Please Print

Return filled out registration form to:

Adams Street Community Center, 85 Adams Street

Deadline for registration is: Fall-10/21, Winter-1/6, Spring-3/2

Fall _____ Date _____ Level _____ Time _____

Winter _____ Date _____ Level _____ Time _____

Spring _____ Date _____ Level _____ Time _____

Name _____

Address _____

Zip Code _____ Date of Birth _____

Phone _____

Emergency Phone _____

Parent/Guardian Name _____

Parent/Guardian Signature _____

Questions? Call 311

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